

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (currently amended) A portable vapor inhaler comprising:

a reservoir;

a vapor-concentrating lid that is removably attachable to the reservoir; and

an effervescent composition,

wherein the vapor-concentrating lid comprises a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area.
2. (original) The portable vapor inhaler of claim 1, wherein the reservoir is a cup.
3. (original) The portable vapor inhaler of claim 2, wherein the cup is selected from the group consisting of an insulated cup, a styrofoam cup, a cardboard cup, a plastic cup, a ceramic cup, and a paper cup.
4. (original) The portable vapor inhaler of claim 1, wherein the reservoir is a collapsible membrane to which the vapor-concentrating lid can be attached, whereby the membrane is filled with water and placed into a container of any similar size and shape.

5. (original) The portable vapor inhaler of claim 1, wherein the vapor-concentrating lid further comprises one or more vents.
6. (canceled)
7. (original) The portable vapor inhaler of claim 1, wherein the reservoir and the vapor-concentrating lid form substantially one piece and the vapor-concentrating lid further comprises a closeable opening whereby the effervescent composition and water can be added to the reservoir.
8. (original) The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of sodium bicarbonate, sodium carbonate, citric acid, sorbitol, polyethylene glycol, sodium benzoate, magnesium oxide, and aminoacetic acid.
9. (original) The portable vapor inhaler of claim 1, wherein the effervescent composition includes one or more components selected from the group consisting of menthol, eucalyptus oil, camphor, a flavor additive, and an excipient.
10. (original) The portable vapor inhaler of claim 9, wherein the effervescent composition includes a coloring agent.

11. (currently amended) A portable vapor inhaler comprising:

a vapor-concentrating lid; and

an effervescent composition,

wherein the vapor-concentrating lid comprises a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area.

12. (original) The portable vapor inhaler of claim 11 further comprising a reservoir; wherein the vapor-concentrating lid is removably attachable to the reservoir.

13. (currently amended) A system for the inhalation of humidified vapor comprising:

a reservoir;

a vapor-concentrating lid that is removably attachable to the reservoir; and

an effervescent composition,

wherein the vapor-concentrating lid comprises a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area.

14. (currently amended) A method for the inhalation of humidified vapor comprising:

filling a reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area to the reservoir whereby an amount of humidified air forms in the reservoir; and

inhaling an amount of humidified air emitted through the vapor-concentrating lid.

15. (currently amended) A method of treating cold symptoms comprising:

filling a reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area to the reservoir whereby an amount of humidified air forms in the reservoir; and

treating the cold symptoms ~~systems~~ by breathing an amount of humidified air emitted through the vapor-concentrating lid.

16. (currently amended) A method of treating allergy symptoms comprising:

filling a reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area to the reservoir whereby an amount of humidified air forms in the reservoir; and

treating the allergy symptoms by breathing an amount of humidified air emitted through the vapor-concentrating lid.

17. (currently amended) A method of decongesting nasal passages comprising:

filling a reservoir with hot water;

adding an effervescent composition to the hot water, the effervescent composition causing to be released an amount of gas such that a positive vapor pressure is created in the reservoir;

connecting a vapor-concentrating lid comprising a central depressed area of a size and shape whereby during use a user's nasal area is loosely engaged by the central depressed area to the reservoir whereby an amount of humidified air forms in the reservoir; and

decongesting nasal passages by breathing an amount of humidified air emitted through the vapor-concentrating lid.